



**COVID-19 (nCorona) Virus Outbreak Control and Prevention State Cell**

**Health & Family Welfare Department**

**Government of Kerala**

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**COVID 19 DISCHARGE GUIDELINES FOR KERALA STATE**

**No.18/31/F2/ 2020 HEALTH- 25th April 2021**

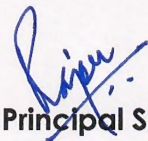
**Ref: 1. Expert Group recommendations**

**2. Discussion with DG ICMR**

**3. State Medical Board recommendations**

In superseding all the previous advisories, guidelines regarding the COVID 19 patient discharge, the following discharge guidelines are issued for immediate compliance.

The discharge algorithm is attached as an Annexure.

  
**Principal Secretary**



# ANNEXURE – COVID 19 discharge policy (25<sup>th</sup> April 2021)

Severity categories for treatment purposes	
Mild	Respiratory Rate < 24/min, SpO2 > 94 on room air
Moderate	Respiratory rate between 24-29, SpO2 between 91-94 on room air
Severe	Respiratory Rate ≥ 30, SpO2 < 90

## Confirmed case of COVID 19

Mild disease

Moderate disease

**RAT NEGATIVITY NOT NECESSARY FOR DISCHARGE**

- Discharge to home isolation once asymptomatic for 72 hours
- Home isolation for total of 17 days from symptom onset OR from day of diagnosis in case of asymptomatic patients
- While in home isolation, monitor for red flag signs
- Perform 6 minute walk test daily
- Inform DISHA / Hospital from which discharged if any red flag signs or SpO2 < 94% on room air at rest or decrease in SpO2 > 3% from baseline after 6 min walk test

- Discharge once
- No symptoms for 3 days
  - absence of fever without antipyretics for 72 hours
  - resolution of breathlessness
  - no oxygen requirement
  - haemodynamically stable
  - No excessive fatiguability

ROOM ISOLATION AT HOME

CFLTC

CSLTC

- Severe disease
- Disease in Immunocompromised (HIV positive, transplant recipients, malignancy, on immunosuppressants, CKD, CLD)

RAT on Day 14 from symptom onset

**RAT NEGATIVE**

- Discharge if
- No symptoms for 3 days
  - absence of fever without antipyretics for 72 hours
  - resolution of breathlessness
  - no oxygen requirement
- If clinically unstable Depending on the hospital infrastructure To keep in COVID ICU or shift to non COVID ICU

**RAT POSITIVE**

Repeat every 48 hours till negative

If clinical stability criteria are attained before 14 days, patient may be referred to CSLTC. RAT on Day 14 may be done from there